

# SWIM-BIKE-RUN-BINGO!!!

Bass Lake Triathlon

Take a REST day	Complete a bike workout	Ride a total 100 miles	Complete a swim workout	Stretch after a long workout
Register for a 2019 race	Skip a planned workout to spend time with your family or friends	Take a picture (and post) working out with a fellow Trispoke!	Submit your 2019 race plan or ideas	Complete a run workout
Tell your biggest supporter THANK YOU!	Visit a sponsor and use your club discount	<b>FREE SPACE</b>	Complete an interval workout	Clean and lube your bike
Volunteer at a local event	Participate in a club workout	Renew your 2019 membership	Attend a club general meeting	Read a Tri training article (share too if you're into that)
Get at least 7 hours of sleep, 3 days in a row	Complete a brick workout (any 2 workouts back to back)	Run a total of 15 miles	Swim 5,000 yards	Use swim paddles for part of your workout

[myfreebingocards.com](http://myfreebingocards.com)